

# Eifel Times

Vol. 40, Issue 28

Spangdahlem Air Base, Germany

[www.spangdahlem.af.mil](http://www.spangdahlem.af.mil)

Aug. 4, 2006

## News Briefs

### Force shaping briefings

Fiscal year 2007 force shaping briefings take place Monday and Wednesday at 8 a.m., 10 a.m., 1 p.m. and 3 p.m. in the Spangdahlem AB theater. The briefings take one hour. All base personnel are encouraged to attend. The briefings are targeted toward those impacted by the force shaping initiatives.

### NCO voluntary retraining

The voluntary phase of the 2007 NCO Retraining Program kicked off last month and runs until Sept. 18. More than 1,000 NCOs are targeted to retrain into Air Force Specialty Codes with NCO shortages. The involuntary phase begins in late September. For more information, contact your commander's support staff.

### Correction

In the July 28 *Eifel Times*, the cost of the Start Smart soccer registration is \$45 and not \$5 for the season. For more information about youth class registration costs and deadlines, call Sally Fuller at 452-7546.

### Weekly accidents report

There were 12 minor vehicle accidents and six major car accident's last week. The minor accidents resulted from: others at fault, inattentive driving, improper passing and speeding too fast for conditions. The major accidents occurred on: one on B-50; two on A-60; one on A-1; one on L-46; and one in the town of Heilenback. (Compiled by Amber Christiansen, 52nd Security Forces Squadron)

### AFN Europe launches podcasting

AFN Europe has four live podcast feeds available for service-members. Podcasting is the method of distributing multimedia files, such as audio programs and videos, over the Internet for playback on mobile devices and personal computers. To sign up, people should go to [www.afneurope.net](http://www.afneurope.net).

### Wing training day

The next wing training day is Aug. 15. Base agencies and offices are closed for training. People in need of urgent medical care should go to the Bitburg Annex Hospital Emergency Room.

## A Nip and a tuck

Reorganization of medical facility phases out surgery on base.

Read "52nd MDG transitions from hospital to clinic by July '07" on Page 2.



Photo by Senior Airman Eydie Sakura

### Lettuce give thanks

Tanja Lex and Susi Marx, 52nd Services Squadron cooks, wash and chop lettuce for the salad bar at the Mosel Hall Dining Facility Tuesday morning. The dining facility prepares approximately \$60,000 worth of food, and its hours of food service operation is open roughly 330 hours each month. Ms. Lex has worked for Spangdahlem Air Base for five years, while Ms. Marx is a contractor working here for six months. Contractors step in to assist food preparation and service when Sabers are deployed downrange or on a temporary duty assignment.

# AF officials announce 2007 force shaping initiatives

By Master Sgt. Mitch Gettle  
Air Force Print News

**WASHINGTON** -- Air Force officials recently announced new force shaping initiatives to be used to meet the required 2007 fiscal year end strength numbers.

The new initiatives are designed to bring the officer numbers down as the enlisted end-strength numbers are on target for 2007. Officials said more than 8,000 officers must separate either through normal attrition, retirement or force shaping measures to achieve the required balance in force.

"It's important to keep in mind what force shaping is all about; the present and future state of the Air Force," said Lt. Gen. Roger Brady, Deputy Chief of Staff, Manpower and Personnel. "We have to balance our (force) for now and the coming years to have the kind of force we need to win the long war we are in now and be prepared for whatever comes next."

The Air Force will look for volunteers but will also initiate involuntary force shaping programs to achieve a balanced force. The force shaping program maximizes the Air Force's voluntary separation authority and also allows implementation for involuntary shaping programs as required.

The Air Force starts the 2007 force shaping program with three tools to lower the number of active duty officers. These three initiatives are Voluntary Separation Pay, Selective Early Retirement Board and a fiscal 2007 Force Shaping Board. Under U.S. Code Title 10, the Secretary of the Air Force has authority to use these force shaping tools.

The VSP incentive will be offered to Line of the Air Force officers, including Judge Advocates, and Chaplains, with more than six and no more than exactly 12 years of service to encourage their separation, General Brady said.

The Air Force needs approximately 3,200 officers meeting these criteria to separate. Eligible officers may begin applying for VSP on July 31, 2006. Dates of separation must take effect between Oct. 1, 2006 and Sept. 29, 2007. Applications for VSP will not be accepted after Jan. 31, 2007.

Officers who are approved for VSP will enter into a written agreement to serve in the Individual Ready Reserve for a period of three years following the separation. Officers that have an existing military service obligation at the time of their separation will fulfill it in the IRR, along with the additional three-year commitment. Officers meeting the above time-in-service criteria may contact their military personnel flight for more details on VSP.

"We are offering the qualified VSP officers twice the compensation of what they would receive for an involuntary separation," General Brady said.

The Air Force seeks to retire 313 line officer lieutenant colonels who have been twice deferred for promotion or colonels with four years time in grade who are not general selects. Officers who have a voluntary retirement date or a mandatory retirement date for length of service will not be considered.

The Air Force must plan for a SERB for 2007 to meet this shaping objective.

"The officers who fit this category have already been notified," he said. "If we get enough volunteers for retirement, we will not hold the SERB."

A SERB has been scheduled for Jan. 8-19, 2007. More detailed information about the SERB will be released in September.

See **FORCE SHAPING**, Page 4

**RESCON** Watch

**BRAVO**

1-2 DUIs in the Last 30 Days

Days since last DUI: 3

Rank of last DUI: senior master sergeant  
Squadron of last DUI: 52nd OSS

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.



# 52nd MDG transitions from hospital to clinic by July '07

## Bitburg Annex ER, obstetrical care, surgical services most notable changes in coming year

By Staff Sgt. Tammie Moore  
52nd Fighter Wing Public Affairs Office

The 52nd Medical Group transitions from a hospital to a clinic July 1, 2007, and although all services will still be available in the local area, there will be changes to how they are provided, and the hospital is already making changes for the upcoming transition.

The most notable changes are the closure of the Bitburg Annex emergency room, operating suites and inpatient ward. The clinic will no longer offer in-house obstetrical and surgical services.

"These closures will significantly change the medical services available on base; however, it is key to emphasize there will be no changes in the medical services available to Spangdahlem Air Base health care beneficiaries," said Maj. Matt Grinstaff, 52nd Medical Support Squadron flight commander. "There will be a greater reliance upon local hospitals and medical staff to meet the inpatient and specialty care needs of our patients.

"This network of German hospitals and physicians is already used extensively by Team Eifel members and delivers quality care of the highest standards," the major said.

During 2006, more than 1,300 base patients were seen by local doctors and more than 100 were admitted to German hospitals for treatment.

"Our patients are very pleased with the quality of the care they receive within our network of German providers -- We received very few complaints and the local community is always eager to assist us with any concerns we might have," said Lt. Col. Mark Tesmer, 52nd MDSS commander. "Our transition to a clinic will increase the amount of care we already send into the local community."

Local hospitals ready to provide inpatient and specialty services currently offered by the 52nd MDG's hospital include the Clemens August Krankenhaus in Bitburg, St. Elisabeth Krankenhaus in Wittlich and several Trier University sponsored hospitals.

"We are working initiatives to make the transition as seamless as possible for our patients," Colonel Tesmer said. "For instance,

we will be hiring a larger staff of patient liaison officers whose primary duty is to assist our patients with cultural differences and concerns or difficulties they may have. These type of programs have worked exceptionally well at other (U.S. Air Forces in Europe) medical facilities to alleviate patient concerns and possible anxieties about their healthcare."

Expectant mothers will experience one of the most significant changes in care.

"Beginning Sept. 1, newly expectant mothers have the option of receiving their obstetrical care through either a host nation or medical group provider," Major Grinstaff said.

"This choice will be offered since all deliveries after July 1, 2007, will take place either in a local hospital or, in the case of certain high-risk pregnancies, at Landstuhl Regional Medical Center near Ramstein," the major said.

The 52nd MDG is preparing to make change as transparent as possible to its customers.

"Over the past two years, significant renovations have been made to our current healthcare facilities," Colonel Tesmer said. "We are continuing these improvements to ensure the highest standards of clinical care for our patients. Our level of outpatient primary care will not decrease at all, and we are constantly purchasing the newest, state-of-the-art medical and dental equipment."

Because of the closure of the Bitburg Annex hospital, members of the medical group are looking toward the future and how to best meet their needs of their patients.

"With long term plans calling for Bitburg Annex to completely close by 2015, design proposals are being made for a new, \$30 million outpatient services clinic built on Spangdahlem with an estimated completion date of late 2010," Major Grinstaff said. "Until this new clinic is completed, several services, such as pediatrics, radiology and the pharmacy will continue to operate at the Bitburg Annex."

In the coming year, additional information about the changes ahead for medical services at Spangdahlem AB will be publicized.

Town-hall meetings and other 'get the word out' publicity events are being planned to help Team Eifel members better



Photo by Senior Airman Eydie Sakura

**Lt. Col. Kevin Scharff, 52nd Medical Operations Squadron chief nurse anesthetist, prepares to inject medication into an IV during a scheduled Cesarean section at the Bitburg Annex Hospital Jan. 18. The Bitburg hospital has three nurse anesthetists on staff who provide care to about 900 servicemembers and their families each year. The nurse anesthetist billets is one of several positions leaving Team Eifel in July 2007 for the closure of the Bitburg Annex emergency room, operating suites and inpatient ward.**

understand and prepare for the upcoming transition. The first town-hall meeting to discuss the conversion to a clinic is Aug. 24 from 6-7 p.m. in the Spangdahlem AB Theater.

# SARC explains assault reporting procedures, mandatory training

By Tech. Sgt. Pamela Anderson  
52nd Fighter Wing Public Affairs Office

One in three military women will be the victim of sexual assault during her career, and more than 80 percent of those assaults will go unreported through official channels, states recent statistics.

Capt. Nekitha Little, 52nd Fighter Wing Sexual Assault Response Coordinator, hopes to change those statistics by encouraging assault victims on Spangdahlem Air Base to make the first step and contact her.

"The SARC is the go between for the sexual assault victim and the helping agencies on base," she said. "I'm here to ensure victims understand their options and help them regain control."

When a victim goes to the SARC, he or she has two options of reporting an attack -- restricted or unrestricted. Restricted reporting keeps the assault between the victim and the SARC, with no legal or investigating action.

"I encourage (victims) to go to the hospital and get counseling through family advocacy, where both agencies keep the records as confidential," Captain Little said. "Then I advise them to ultimately go unrestricted."

However, the captain made it clear that it is all the victim's choice -- allowing the individuals options, and a chance to help them regain control.

"There are so many emotions and physiological events that occur after a person has experienced trauma," Captain Little said. "It's important individuals understand that helping agencies on base are here to guide them through the process of healing and to get them on the road to recovery."



Photo by Senior Airman Eydie Sakura

**Capt. Nekitha Little, 52nd Fighter Wing Sexual Assault Response Coordinator, briefs a class of new Sabers at the First Term Airmen's Center July 26. Captain Little discusses the percentages, facts and figures of sexual assault cases reported in the Air Force, and how many assault cases involve alcohol. She also briefs the new Airmen on Saber 0-1-3, the commander-sanctioned program designed to encourage responsible drinking.**

If a person decides they only want to speak to the SARC, then that person opts for restricted reporting, and they have one full year to change their mind and make an unrestricted report. Unrestricted reporting involves a full Office of Special Investigation with commander and first sergeant involvement.

The main purpose of the SARC program is to promote education and prevention before situations get too far out of hand. Captain Little says that alcohol plays a considerable role in impairing people's judgment and blurs the line

between what is clear and unclear in any situation.

According to a recent study, more than 65 percent of attackers and 57 percent of the victims consumed alcohol prior to the assault, said Captain Little. On Spangdahlem AB, every sexual assault case involved alcohol.

"I promote Saber 0-1-3 because it's designed to help people set limits," Captain Little said of the commander-sanctioned program designed to encourage responsible drink-

ing. "Besides, good habits are formed early which is why we target our younger Airmen. They are our future and it's important for them to learn healthy behaviors now."

The Air Force is taking a stand against sexual assault and prostitution by mandating training for all military personnel and federal government employees. Trafficking in Persons training is found on the Air Force Portal by clicking on the "ADLS link." The training must be completed by Sept. 30.

For more information on the SARC program, call 452-6524, or for an emergency or to report sexual assault, call 452-7272.

## Sexual Assault by the Numbers

- ♦ One in four women are sexually assaulted;
- ♦ One in three military women are sexually assaulted;
- ♦ 82 percent of sexual assaults are not reported;
- ♦ In 2003, more than 1,100 sexual assaults in Department of Defense went unreported;
- ♦ Only 17 percent of all victims seek medical care;
- ♦ Only 32 percent of victims with injuries get medical care; and
- ♦ 62 percent tell only friends and family members.

(Information courtesy of the 52nd Fighter Wing Sexual Assault Response Coordinator)





Photo by Tech. Sgt. Pamela Anderson

## Top Saber Performer

**Name:** Staff Sgt. Dana Luketic  
**Unit:** 52nd Comptroller Squadron  
**Duty Title:** Financial adviser  
**Hometown:** Kittanning, Pa.  
**Years in Service:** Six  
**Nominee's contributions to the 52nd Fighter Wing's mission success:** Sergeant Luketic is a key member of the financial integration team and is responsible for the integrity of all commitment and obligating documents processed against the 52nd FW Staff Agency's operating budget. In addition, he works hand-in-hand with Defense Finance and Accounting Service, the 52nd Contracting Squadron and resource advisers to facilitate cradle-to-grave certification

and processing of unit purchase card payments using the Customer Automation Reporting Environment program. His meticulous research skills were instrumental in identifying a \$1.1 million commitment error against a unit's operating budget and in executing corrective measures to restore the funds. Upon his arrival here, Sergeant Luketic quickly and willingly volunteered to learn his team's key processes to serve as an alternate during leave absences. His stellar performance and strong initiative made him the leading candidate to assume the role as the Wing Staff Agency budget analyst.

**Off-duty volunteerism and professional development pursuits:** Sergeant Luketic is currently pursuing his Community College of the Air Force Degree in financial management as well as a bachelor's degree in business administration through the University of Maryland.

**What do you do for fun?** I like to travel. There are so many great places you can visit on a day trip. I also enjoy playing most sports such as basketball, flag football and volleyball.

**What do you like most about being stationed here?** It would have to be being located in the middle of Europe. It is interesting, seeing other cultures and taking some of those things with you.

**What's the one thing you'd like to change or improve at Spangdahlem Air Base?** It needs an indoor pool, so it can be used year-round for recreation and physical training.



Photo by 1st Lt. Shannon Collions

## Flyin' high

**Tech. Sgt. John Freeman, 106th Air Refueling Squadron, Alabama Air National Guard, KC-135 boom operator, discusses in-air refueling and working with aircraft with Dené Galloway, wife of Capt. Doug Galloway, 81st Fighter Squadron pilot, and Emily Case, wife of Capt. Jason Case, 81st FS pilot, during a refueling orientation flight July 27. From July 17-27, the Alabama ANG team offered the flights to Spangdahlem Air Base Airmen and spouses.**

## Help VTS, help strays cats

The Verein der Tierfreunde Sudeifel, an organization formed to help stray cats find new homes, has set up a box at the commissary to collect cat food donations. The VTS is also accepting donations to cover the cost of providing these cats housing and necessary medical care. For more information or to make a monetary donation, call 06527-93596 or 06561-2890.



## Eifel Salutes

### 52nd Mission Support Group

Pit Stop! A Team Eifel salute to **Staff Sgt. Jason Dato** from the 52nd Logistics Readiness Squadron for going out of his way to help a fellow Saber fix a flat tire at the wing headquarters building.

### 52nd Maintenance Group

Can't track the Phantoms, but they'll track you ... **Master Sgt. Tommy Wilmoth** and his team of controllers in the Maintenance Operations Center direct and document anything that moves in the 52nd MXG. In July, the MOC facilitated the Conventional Forces Europe inspection to ensure the safety compliance of many key facilities on Spangdahlem. Outstanding performers like **Tech. Sgt. George Davis, Tech. Sgt. Shawn Stewart and Senior Airman Darius Alesna** accomplished these tasks on top of their everyday duties of keeping the 52nd MXG running smoothly.

### 52nd Medical Group

Fit to Fight! Great effort by **Staff Sgt. Stephanie McDonald** for managing the respiratory protection program and helping enhance wing fit-test rates. **Maj. Craig McCluer** expeditiously completed and approved 25 vision flight physicals to ensure flyers were seeing sharply. A big thank you to **Staff Sgt. Andrea Campbell** for changing the room set-up at the OB/GYN clinic to provide more privacy and a more spacious and comfortable waiting area for moms-to-be.



### 38th Munitions Maintenance Group

Not a STU but a Steed, **Staff Sgt. Johnathan Steed** that is, who oversees all maintenance activities for Kleine Brogel communications components and ensures communication links and systems are up to par. It's service with a smile from **Airman 1st Class Daniece Burris** as she oversees funding for all the services activities that keep the Kleine Brogel community busy in their off time.

### Special thank you

A special thank you goes out to everyone who helped make the July 29, senior NCO induction ceremony a success and congratulations to the 59 master sergeant selectees.

Going for the gold are volunteers **Marvin Tisdale, Ronald Phillips and Margie Quicanpalacios**. Their support in helping out at the USAFE Track and Field Meet in Baumholder, Germany, was pivotal to the success of the meet.

**Kudos to all; Team Eifel salutes you!**  
(Compiled by Capt. Mike Cumberworth, 52nd Fighter Wing Public Affairs Office)



Courtesy photo

## Top Saber Team

**Unit name:** 52nd Operations Support Squadron Combat Weather Team

**Unit responsibility:** The team provides weather support to the 52nd Fighter Wing and the 726th Air Mobility Squadron mission. Team members protect life and resources through weather watch, warning and advisory services. They also disseminate detailed observations of environmental conditions affecting airfield operations, issue tailored forecasts for each mission flown and provide planning weather forecasts to senior leaders to maximize the use of resources and mission success.

**Number of members:** 11

**How does the team fit into the 52nd FW mission?** The team produces more than 3,500 mission execution forecasts that accurately predict operational thresholds to support the more than 13,000 F-16 and A-10 annual sorties. The team disseminates "resource protection" weather products that protect the 52nd FW's 4,500 personnel and property while expertly maintaining an average of 98.4 percent accuracy. Team members deploy to several contingencies and exercises across the globe, including Operations Iraqi Freedom and Enduring Freedom, Red Flag, Air Warrior, Cope Thunder and Steadfast Jaguar. The team has provided superb weather support to more than 1,500 U.S. and coalition combat sorties to help ensure "lethal bombs on target."

**Team's other contributions throughout the year:** The professionalism of Team Eifel's weather warriors was recognized by an "excellent" rating in the 2006 U.S. Air Forces in Europe Weather Standardization and Evaluation Inspection and an "outstanding" rating during the 2005 U.S. Air Force Air Traffic Systems Evaluation Program inspection. Additionally, Master Sgt. Craig Clark earned his STEP promotion into the Senior NCO corps, and Senior Airman John Radovan was awarded the Robert A. Dodson Award for Outstanding Air Force Weather Airman of 2005.



## Force Shaping

Continued from Page 1

The Air Force will also hold a fiscal year 2007 FSB. This board will evaluate officers who have not completed more than five years of commissioned service. The board will consider officers in selected, overage career fields in the 2003 and 2004 year groups. For the 2003 year group, the board will only consider those career fields that were excluded from consideration from the fiscal 2006 FSB.

The Air Force projects more than 900 losses as a result of the 2007 FSB, which is scheduled for March 12-23, 2007.

Another tool the Air Force uses to balance the force is recruitment.

"In force shaping, we will lose some very talented people. But the reduction in size is also about losing manpower authorizations to help get the right number of people with dynamic skill sets," General Brady said. "We will be bringing in about 3,000 less enlisted and 500 less officers this year through accessions."

By recruiting fewer people into the Air Force, this eases the burden of having to get rid of quality individuals, he said.

"One thing we don't want people to lose sight of is we do not like the fact that we're going to lose these people," General Brady said. "These are talented young folks with a great work ethic and the kind of people we feel will land on their feet and do well."

This new force shaping message supercedes prior messages. Other force shaping programs such as "Blue to Green," Palace Chase, Career Job Reservation (for enlisted) and Enlisted Retraining Program are still in effect.

For more information on the force shaping initiatives visit the AFPC Web site at <http://www.afpc.randolph.af.mil/retsep/forceshaping/shape.htm>.

## MySpace use comes with risks

By Staff Sgt. Julie Parker  
99th Air Base Wing Public Affairs

**NELLIS AIR FORCE BASE, Nev.** (AFPN) -- The online site MySpace offering individuals free membership to create a personalized Web page can also serve as a vulnerability for Air Force people to post personal information that can cause problems or risk operational security.

MySpace members can share personal photos and use it to catch up with old friends from college and high school, not to mention meet new people all across the world.

According to a statement from News Corp., MySpace's parent company, the site accounted for 4.46 percent of all U.S. Internet visits for the week ending July 8, pushing it past Yahoo Mail for the first time and outpacing the home pages for Yahoo, Google and Microsoft's MSN Hotmail.

In addition to networking with other individuals, the site allows its members to speak their minds by posting bulletins and Web-logs, or blogs, on whatever they want.

According to Special Agent Mike Koellner from Detachment 206 of the Air Force Office of Special Investigations

here, disclosing too much personal information is increasingly dangerous with the threat of identity theft.

"A thief can piece information together little by little. If they have your mother's name and your birth date, it's not that hard to get your Social Security number," he said.

Fellow Special Agent Jared Whittenberg added, "You're putting yourself out there for all to see."

The Web site is a great tool to communicate with friends, said Agent Whittenberg, but servicemembers must be careful not to post information that violates military rules and regulations.

Part of the responsibility of being a member of Air Force is properly representing it on and off duty. According to Agent Whittenberg, approximately 30 individuals here have already found themselves in trouble for posting inappropriate information, such as solicitation of homosexual prostitution, sensitive operational information and promotion of underage drinking.

Agent Whittenberg said operational security violations are one of OSI's primary concerns.

In this day and age, maintaining OPSEC is critical to the nation's security, he said.

Posting information on deployments, numbers of troops in an area and aircraft capability can potentially put the nation at risk.

As a result of the increased popularity of MySpace, OSI now checks the site for incriminating information.

"We don't constantly monitor (MySpace), but if an individual is under question, we will check the site, along with many other databases," said Agent Whittenberg.

The agents' message is that sites like MySpace must be used responsibly.

"Servicemembers must remember they represent the military as a whole, 24 hours a day, and are responsible for what they post," said Agent Whittenberg. "The effects of what you do in the comfort of your own home can potentially have an impact worldwide."



## Public affairs, multimedia merge under Strategic Communication

**WASHINGTON** (AFPN) -- Twenty-four hour news cycles and the demand for real-time data and images dictate an adjustment in how the Air Force is organized in order to better leverage its capabilities and provide timely and focused information to the public, the Air Force chief of staff said recently in a memorandum.

"To help build a versatile and formidable communication capability, I approve the concept of realigning two functional areas -- public affairs and multimedia -- into a relevant strategic communication structure that will provide operational capability for today and into the future," he wrote.

The realignment will take place first at the Air Staff level. Multimedia will realign from the Office of Warfighting Integration and Chief Information Office to the Air Force Office of Communication and the Office of Public Affairs (SAF/PA).

"The goal of strategic communication is to inform and appropriately influence key audiences by synchronizing and integrating our communication efforts," said Brig. Gen. Erv Lessel, director of Air Force communication. "Through this realignment, both multimedia and public affairs will be operationally aligned to help meet that goal."

The career field managers for public affairs and multimedia began studying a merger of the career fields in November 2005. Several meetings took place to compare training plans and doctrine and to gather inputs from major command functional managers from both communities.

"Our goal is to create a new capability for the Air Force, not just merge two career fields," said Chief Master Sgt. Ron Nelson, multimedia career field manager.

The result of the study was a proposal to merge public affairs specialists with multimedia photographers and public affairs broadcasters with multimedia videographers to create new capabilities. Combining capabilities will increase operational effectiveness and national and international understanding by improving communication to internal and external audiences.

"Both communities are in the business of telling stories, through pictures, words and video," said Chief Master Sgt. Janice Conner, public affairs career field manager. "This realignment will leverage the capabilities of Airmen from both multimedia and public affairs into one team focused on the operational mission of communicating to both internal and external audiences."

The first step for strategic communication is a top-level realignment of assets, followed by a study to bring the four career fields down to two. Air Force strategic communications and public affairs will develop a plan and a timeline of how and when to realign at the major command and installation levels.

"The approval of the concept to realign is just the first step in building this capability. Both communities will work together to put into place the policies, training and structures to make it work," said Col. Michelle Johnson, director of Air Force public affairs. "There will be a number of working groups formed to look at the myriad areas involved in merging (Air Force specialty codes) such as deployments, training, and budgets."

This realignment meets the vision of the Air Force secretary and chief of staff to reduce the number of AFSCs by organizing into expeditionary clusters that are tied to the roles Airmen currently fulfill.

## New Airman Battle Uniforms on track for May '07 AEF

By Staff Sgt. C. Todd Lopez  
Air Force Print News

**WASHINGTON** (AFPN) -- The new Airman Battle Uniform is moving into production and on track for distribution to deploying Airmen next summer.

Patterns have been finalized and are being run through production to ensure sizing and garment construction as well as preparing for assembly-line operations, said Senior Master Sgt. Dana Athnos, the Air Force uniform board superintendent.

Senior leaders want the warfighters to get the first ABUs, and Airmen deploying in the air and space expeditionary cycle 7/8 in May 2007 will receive two sets each of the new ABU and the current deployment uniform, the Desert Combat Uniform.

Airmen embedded with Army units will get four ABU sets which lets them blend in more with their service counterparts. While the Army and the Air Force combat/battle uniforms will look similar from a distance, the Air Force distinctive pattern includes a slate-blue shade in addition to foliage green, desert sand and urban gray shades. The pattern is pixilated or "digital" like the Marine Corps and Army but is based on a pixilated Vietnam-era tiger stripe pattern.

While the ABU has been in production for about four and a half years, the Air Force has had numerous hurdles to overcome.

The ABU is the first utility uniform designed in both male and female sizes to replace the DCU and "woodland" patterned Battle Dress Uniform. The ABU will be worn in the desert, stateside bases and in environments for which the BDU was originally designed. And it has been redesigned from the largely unpopular blue-tiger striped pattern initially fielded, most recently with additions of extra pockets, after feedback Air Force Chief of Staff Gen. T. Michael Moseley got when he was visiting Airmen in Southwest Asia.

Considering the final changes and configurations were made this past January and the ABU will begin rolling off the assembly line in January 2007, Sergeant Athnos said the ABU is on track and moving forward as planned.

After distribution to Airmen deploying next summer, Airmen in basic training will be issued the ABU beginning in October 2007. Once that distribution system is in place, the ABU will be available in AAFES outlets for purchase.

The expected mandatory wear date for the ABU is 2011.





Core Values

Military life: Service before self more than solemn oath; personal sacrifices foster pride, satisfaction

By Maj. William Webb  
726th Air Mobility Squadron Aerial Port flight commander

In these cynical times, we tend look upon service before self as a cliché instead of military necessity. Some are unwilling to put their self-interest second. This is one reason why military service is a calling, and it is not for everyone.

For Airmen, service before self is embodied in our solemn oath that we “will support and defend the Constitution of the United States against all enemies ... .” To me, this means that I will subordinate my personal desires and place service to my country first with the commitment that, should my country ask, I will risk my own life to defend the ideals laid out in the Constitution.

Rabbi Arnold Resnicoff, special assistant to the Air Force secretary and chief of staff for values and vision, said, “Service before self means that once I take that oath, responsibility comes first.” For the good of our country and the military, we give up a small measure of our personal freedoms to ensure the freedoms of others. We have a responsibility to follow rules whether they are Air Force Instructions, Technical Orders or the Uniform Code of Military Justice.

Some examples are wearing only approved sunglass styles in uniform, not taking short cuts in the repair of an aircraft system and showing up for work on time. We make personal sacrifices but gain many intangibles like pride in mission accomplishment and the satisfaction of being part of something larger than ourselves.

I recently took a trip to the Normandy region of France. Of course I had to try calvados and sample the mussels. However, the real reason I went was to learn more about the D-Day landings and to gain a better understanding of how thousands of Americans, many of whom had never left their hometowns much less their country, could willingly sacrifice themselves for people they had never met.

There are countless stories of men from all ranks with amazing bravery and selfless dedication who trudged up to their respective beach with weapons and heavy packs, some through water over their head and almost all through a hail of gunfire. Many disregarded their own safety to aid and rally their comrades.

This is an extreme example of service before self. Other examples can be seen every day in Iraq and Afghanistan. Unfortunately, there are many examples of the opposite as well throughout the Air Force.

When military members put their self-interest before service, they create the potential for disaster. If procurement officers knowingly buy substandard repair parts for financial gain, they jeopardize the aircraft, the crewmember’s lives and mission accomplishment. When a superior requests sexual favors from a subordinate, then the mission suffers.

I have always taken service before self very seriously even before I knew it by that phrase. Our country and the Air Force have given me a great deal. I encourage you to reflect on why you serve and if this is your calling, then make sure you put service before self.

“For the good of our country and the military, we give up a small measure of our personal freedoms ...”

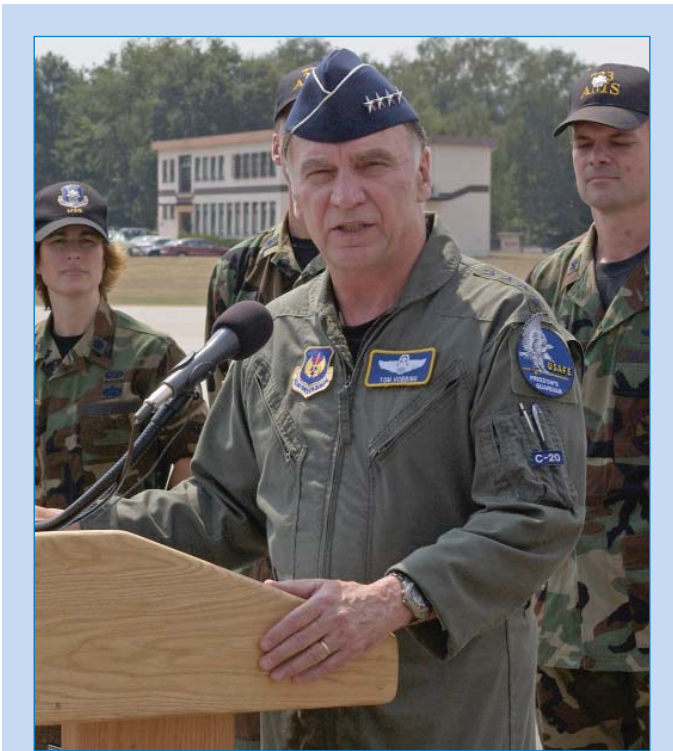


Photo by Staff Sgt. Angela Malek

**Helping hands**  
Gen. Tom Hobbins, U.S. Air Forces in Europe commander, thanks Airmen and the German government for their support at a press availability at Ramstein Air Base, Germany, July 25. General Hobbins also hosted Ambassador William Timken, Jr., U.S. Ambassador to Germany, who visited Ramstein on behalf of President George Bush, thanking the troops for their support with the current humanitarian efforts.

Airman reflects on true meaning of Wingmen

By Senior Airman Francesca Carrano  
95th Air Base Wing Public Affairs

**EDWARDS AIR FORCE BASE, Calif.** (AFPN) -- In today’s Air Force culture, we often hear people reference Wingmen. “Do you have a Wingman?”

But really, who are these mystical little creatures, this race or culture who is supposed to take care of us?

I’ve been thinking about it a lot lately. Maybe because my time in the Air Force is coming to a close, and I am nostalgic; maybe I’ve simply had too much time on my hands. Either way, I want to share what I’ve come to learn -- being a Wingman is, surprisingly, not about you.

When I first came to my office, straight out of technical school, I wondered if I was ever going to have a Wingman. You see, I was under the misconception that a Wingman needed to be a specific, designated person whose additional duty was to watch my back.

Over the last few years a myriad of circumstances have taught me that being a Wingman means more than looking out for the people I work with or someone I know from the dorms or have seen in the dining facility. A true Wingman is there no matter what the circumstance, no matter who is in need.

In his book “Invisible Lines of Connection,” Lawrence Kushner shares the story of a young woman sitting near the back of a bus, riding home, during the early days of World War II. Suddenly, the bus is stopped by Nazi agents. The agents demanded everyone show them their papers. As the agents systematically work their way through the bus, sending all Jewish riders to a waiting truck, the young woman began to shake uncontrollably. A man sitting next to her leaned over and asked what was wrong.

The young girl whispered back to the man that she did not hold the same papers he did -- she was a Jew. Instantly, the man jumped to his feet and began yelling at the top of his voice. He cursed her, said he wished he had never laid eyes on her -- she made him sick and disgusted. The agents stopped what they were doing and rushed to the rear of the bus to find the reason for this huge commotion.

The man, exacerbated, explained that his wife had forgotten her papers again. How could she be so careless? The Nazi agents laughed and left the bus, amused at the man’s misfortune of having such a stupid wife.

When the bus came to the next stop, the man and the young woman both

stepped off and walked in opposite directions -- neither ever knowing the other’s name, but knowing that moment saved a young woman’s life.


Long before the term was established, the man on the bus gave us a perfect example of what it means to be a Wingman.

Being a true Wingman is selfless. It transcends race, culture, jobs and upbringing. As members of the Air Force, we face challenges every day that many of our counterparts will never even understand, let alone experience. These daily challenges are what bind us together as brothers and sisters at arms.

Being a Wingman is the most important thing we can do. It may be as simple as a smile while passing in the hall or inviting a new co-worker to the gym or as difficult as consoling someone who has just lost a family member. Being a good Wingman to someone else is bigger than any one person. It is a way of life.

The power is ours to make a difference. Each day, look around yourself for opportunities to be a Wingman to someone else.

Whatever avenue presents itself -- seize it. It could change someone else’s life.



Editorial Staff

Col. Darryl Roberson.....Commander

Capt. Diane Weed.....Public Affairs chief

Capt. Mike Cumberworth.....PA deputy

Tech. Sgt. Pamela Anderson.....PA NCOIC

Staff Sgt. Tammie Moore.....Chief of internal

Senior Airman Eydie Sakura.....Editor


Iris Reiff.....Leisure writer

Published by Verlag & Druck Wittich KG, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 52nd Fighter Wing. This commercial enterprise newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the Eifel Times are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Verlag & Druck Wittich KG of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared, and provided by the 52nd Fighter Wing Public Affairs Office staff. All photographs are U.S. Air Force photographs unless otherwise indicated.



Col. Darryl Roberson

**Accessing Direct Line**

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

- [DirectLine@spangdahlem.af.mil](mailto:DirectLine@spangdahlem.af.mil)
- Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
- To PA in building 23.
- Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

**Sortie Scoreboard**

Aircraft	Goal	Flown	Delta
22FS	405	382	-23
23FS	325	375	+50
81FS	357	322	-15

\*Delta is contract vs. sorties flown to date.

**Through July 31**

Courtesy of the 52nd Operations Support Squadron Plans and Scheduling Section



*Editor's Note: Submit "Community" advertisements 10 days before the desired publication date to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil). Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.*

## Commissary closure

The Bitburg Annex Commissary will be closed Wednesday.

## Community Bank time change

The Spangdahlem AB Community Bank will only be open Wednesday from noon to 4 p.m. and the Bitburg Annex Community Bank will only be open Thursday from noon to 4 p.m. due to training.

## Childcare

Before- and after-school childcare registration is open for youth in kindergarten through sixth-grade at Spangdahlem AB and Bitburg Annex. Guardians must bring their children's shot records and a leave and earnings statement; single or dual military families must have an Air Force Form 357 with them for registration. For more information, call Sally Fuller at 458-7546.

## Dental Assistance Course

The Dental Clinic offers a Red Cross Dental Assistant Course September through February. Course applications are available at the Dental Clinic. For more information about the class, call Tech. Sgt. Melissa Johnson-DeReis at 06565-958220 or 452-8220.

## EMHG meeting

The European Military History Group holds a public meeting Aug. 13 at 5 p.m. on the third floor of building 127. The meeting is open to anyone with knowledge, enthusiasm or an interest in military history. The EMHG strives to foster an awareness of military history. For more information, contact Tech. Sgt. Daniel Williams at 452-6571 or [EMHG-1@hotmail.com](mailto:EMHG-1@hotmail.com).

## Fall Bazaar volunteers

The Spangdahlem Officers and Civilians Spouses Club is seeking 2006 Fall Bazaar volunteers to help with set up, process credit cards, serve as runners, and assist vendors and more. Volunteers receive an opportunity to shop before everyone else Oct. 13 from 10 a.m. to noon and childcare reimbursement while volunteering. For more information, e-mail [Iwanttovolunteer@hotmail.com](mailto:Iwanttovolunteer@hotmail.com).

## Family Advocacy classes

- ♦ Breastfeeding class -- Aug. 15 from 1-4 p.m.
- ♦ Caring For Kids Through Divorce -- Aug. 21 from 1-3 p.m.
- ♦ Anger Management -- Tuesday, Aug. 22 and 29 from 9-10:30 a.m.

For more information about these classes or to register, call 452-8279 or 06565-95-8279.

## Framing, matting class

The arts and craft center offers a framing class Aug. 12 from 9 a.m. to noon. For more information, call 452-6841.

## Kindergarten registration

Kindergarten registration for the 2006-2007 school year continues. New students must be age 5 before Oct. 31. Parents or legal guardians should bring a copy of their orders with the child's name listed on them, the child's social security number and the child's birth certificate or official passport. For details, call Spangdahlem Elementary School at 452-6881 or e-mail [cheryl.varnado@eu.dodea.edu](mailto:cheryl.varnado@eu.dodea.edu); or call Bitburg Elementary School at 452-9131 or e-mail [mary.marc.hand@eu.dodea.edu](mailto:mary.marc.hand@eu.dodea.edu).

## Learn German

Want to learn more than Sprechen Sie Englisch? The Family Support Center offers a free four-week German course. The class meets Mondays and Wednesdays from 10 a.m. to noon beginning Monday. Seating is limited. For more information or to sign up, contact Else Wingert at 452-6422 or [else.wingert@spangdahlem.af.mil](mailto:else.wingert@spangdahlem.af.mil).

## Embry-Riddle classes

Embry-Riddle University offers SFTY 345, Mechanical Factors in Safety, starting Aug. 31 and MGMT 411 Logistics Management, starting in August. For details visit building 131 or call 452-7553.

## Playgroups

The Spangdahlem AB playgroup meets Tuesdays from 10 a.m. to noon at the in first floor of stairwell A building 409. The Bitburg Annex playgroup meets Thursdays from 10 a.m. to noon in building 2012 at the Community Center Playhouse and Family Room. Both playgroups are open to all parent's and their infants and pre-schoolers. For more information, call Cecilia Diaz at 452-8279.

## RMO billing downtime

Due to USAFE-wide system updates,

the Resource Management Office at Bitburg Annex will not be able to accept clinical pay-patient payments on or about Aug. 15. Refrain from making payments at RMO or mailing RMO payments until this issue is resolved, overdue bill costs will be excluded during this period. For more information, call Staff Sgt. Danita Welch at 452-3128.

## SAC nominations

The Bitburg High School School Advisory Committee is taking nominations for parent and teacher representatives Aug. 11-25. Parents of BHS students with a June 2008 date eligible for return overseas or later are invited to submit their name for nomination. Names and contact information for nominees should be submitted to [BitburgHighSAC@hotmail.com](mailto:BitburgHighSAC@hotmail.com). The election to fill three parent and teacher positions takes place during the BHS Open House Sept. 6. For more information, contact Anita Jeppesen at 06563-962738 or e-mail [BitburgHighSAC@hotmail.com](mailto:BitburgHighSAC@hotmail.com).

## SOCSC meet, greet

The Spangdahlem Officers' and Civilian Spouses' Club hosts a "Welcome/Welcome Back Coffee" for all current members and anyone interested in learning more about the group. This meet and greet takes place Aug. 22 from 10-11:30 a.m. in the Club Eifel Fireside Dining Room. A light brunch will be served, and on-site child care is available on a first-come, first-served basis. For more information about the SOCSC, call Marlie Sherer at 06569-962-379 or Becky Moore at 06565-955-853.

## Airmen's Attic

Throughout the month of August, the Spangdahlem AB Airmen's Attic is open Mondays, Tuesdays and Thursdays from 9 a.m. to 3 p.m. and Wednesdays from 9 a.m. to noon. For more information, visit building 408A or call 452-6422.

## Summer reading program

"Paws, Claws, Scales and Tales," reading logs are due Aug. 11. Turn in logs into at the Spangdahlem AB Library or place logs in an envelope and drop them in the Bitburg Annex bookdrop. The program finale party is Aug. 18 from 2-4 p.m. at the Spangdahlem gym. For more information, call 452-6203.

## Teen Center

The Bitburg Youth and Teen Center hosts a special event for children 6 to 8-years old today from 3-5 p.m. For \$5 the children can enjoy bouncing castles, face painting, crafts and light refreshments. For details, call Patti Porter at 452-9206.

# Chapel Event

## Marriage retreat

The 52nd Fighter Wing Chaplains Protestant community members holds a retreat for marriage renewal at a German spa hotel Aug. 11-13. Cost is \$100, which includes meals, lodging, use of the pool and sauna and conference fees. The deadline to sign up is Monday. For more information, call 452-6711.

For more information about base services or services in the local area, call the chapel at 452-6711/6281.



**PIZZA HUT  
NOW OPEN IN  
J.R. ROCKERS!**

**Monday-Wednesday  
4-8 p.m.**

**Thursday-Friday  
4-9 p.m.**

**Saturday-Sunday  
1-7 p.m.**

# Der Markt

## Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.



## Movies

The following movie listings are for today through Aug. 10. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

### Spangdahlem Skyline

#### Today

- ♦ *Click* (PG-13, 7 p.m.)

A workaholic architect, who has been overlooking his family in favor of his career, comes across a universal remote that allows him to perform TiVo-like functions on his life, such as pausing events or fast-forwarding over them.

- ♦ *The DaVinci Code* (PG-13, 9:30 p.m.)

The murder of a curator at the Louvre reveals a sinister plot to uncover a secret that has been protected since the days of Christ.

#### Saturday

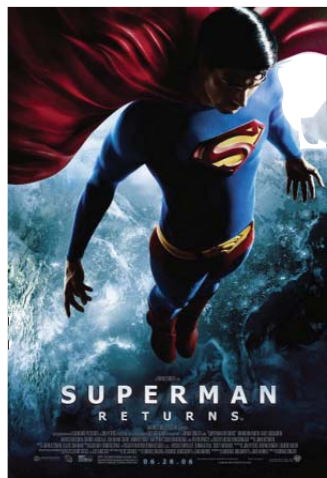
- ♦ *X-Men: The Last Stand* (PG-13, 7 p.m.)

The adventures continue for the superpowered group, the X-Men, led by Professor Xavier. Humans develop a cure that will turn all mutants into humans, stripping them of their powers. Magneto leads a group to stop the cure.

- ♦ *Click* (9:30 p.m.)

- ♦ *Superman Returns* (Pg-13, midnight)

Following a mysterious absence of several years, the Man of Steel, Superman, comes back to Earth -- but things have changed.



#### Sunday

- ♦ *Over the Hedge* (PG, 4 p.m.)

Spring has sprung, and Verne and his woodland friends awaken from their long winter's nap to discover that a tall, green "thing" has mysteriously cropped up right through the middle of their home.

- ♦ *X-Men: The Last Stand* (7 p.m.)

#### Monday

- ♦ *The DaVinci Code* (7 p.m.)

#### Tuesday

- ♦ *Click* (7 p.m.)

Wednesday and Thursday closed

### Bitburg Castle

#### Today

- ♦ *The Fast and The Furious: Tokyo Drift* (PG-13, 7 p.m.)

Sean Boswell is an outsider who attempts to define himself as a hot-headed, underdog street racer.

- ♦ *Mission Impossible III* (PG-13, 9:30 p.m.)

Super-spy Ethan Hunt has retired from active duty to train new agents, but he is called back into action to confront the toughest villain he is ever faced.

#### Saturday

- ♦ *Superman Returns* (4 p.m.)
- ♦ *Just My Luck* (PG-13, 7 p.m.)

When she kisses a handsome stranger at a costume party, Ashley accidentally swaps her good fortune for his horribly bad luck, and her charmed life turns into a living hell.

- ♦ *The Fast and The Furious: Tokyo Drift* (9:30 p.m.)

#### Sunday

- ♦ *Mission Impossible III* (4 p.m.)
- ♦ *Just My Luck* (7 p.m.)

Monday and Tuesday closed

#### Wednesday

- ♦ *The Fast and The Furious: Tokyo Drift* (7 p.m.)

#### Thursday

- ♦ *Just My Luck* (7 p.m.)

# Enjoy traditional hand-made lace, scenic canals, in Brugge

By Senior Airman Eydie Sakura

52nd Fighter Wing Public Affairs Office

Her hands work feverishly and cross the bobbins, or spools of fine thread, over one another in an effort to follow her pattern motif of pins, placed strategically in an intricate design.

Using a craft passed down from her mother, today this woman is showing her tatting, or lace making, skills to visitors to her city. Her bobbin lace technique, unique to the Brugge area, has taken a lifetime to perfect.

Lace making has been a tradition in Brugge, Belgium, since the early 18th century; however, with increases in machine-made lace, the number of traditional lace makers in Brugge is down to nearly 1,000 people -- all women, primarily ages 50-90-years-old.

Lace was first introduced in Europe as a decorative edging for the clothes of the rich. Today, it is considered an ornamental and cherished piece of artwork.

The Kantcentrum, or lace center, is a combination workshop, museum and sales room, where the ancient art of lace making is passed on to the next generation. Entry to the lace center is roughly two euro, and visitors can watch, explore and take pictures of the women creating hand-made works of art. The sales room showcases their works; however, the hand-made lace is more expensive, but is higher quality than the machine-made lace.

Down the street from the lace center, visitors come across Brugge's two hearts -- the side-by-side monumental squares called the Markt and the Burg. Narrow streets fan out from these two squares, while a network of canals threads its way to each section of the medieval city. At the Markt, people can find themselves choosing to eat at an array of restaurants, hopping on a horse drawn carriage sightseeing ride or climbing to the top of the Belfry and Market Halls.



Photo by Gary Sakura

**A woman makes traditional bobbin lace outside her front door in downtown Brugge, Belgium. She has been making hand-made lace for 24 years.**

The Belfry is the symbol of Brugge's civic pride. The tower stands 272 feet high, and its 47 bells ring out over the city every quarter hour. If visitors have the stamina, they can pay five euro to climb the 366 steps to the Belfry's summit for a panoramic view of Brugge, including the many steeples of various cathedrals, as well as the surrounding countryside.

Two cathedrals topping the list of Brugge's visitors are the Church of Our Lady, built between the 13th and 15th century, and the Basilica of the Holy



Photo by Iris Reiff

**Tourist enjoy a boat ride during a visit to Brugge, Belgium, a travel destination offering a wide array of ancient churches, museums, artisan shops and more to entertain travels before they indulge at a local cafe or restaurant.**

Blood, built in the 12th century. The Church of Our Lady contains a rich collection of art, including the famous white marble Madonna with Child by Michelangelo. The Basilica of the Holy Blood has been the resting place of a fragment of cloth stained with what is said to be the coagulated blood of Christ, wiped from his body after the crucifixion by Joseph of Arimathea. Legend says it was brought to Brugge at the time of the Second Crusade.

Whether visitors seek to learn about the history, architecture, culture or art of Brugge, they will not leave disappointed.

The city has plenty to offer sightseers, no matter what their interest. The many winding and scenic canals, cafes and restaurants, ancient churches, artisan shops and museums, including museums on chocolate production and diamond engraving, can keep any tourist busy for a long weekend. Few visitors leave Brugge without a souvenir of lace, no matter how big or small the work may be.

## Out and About

(Editor's note: Times and dates are subject to change)

- ♦ Tour part of the French Maginot Line, **Saturday**. The line was built after World War I, between 1929-39, and served as a series of underground fixed fortifications protecting the French border from future invasions from Germany; cost is 45 Euro, which includes dinner. For more information, call Tech. Sgt. Daniel Williams at 452-6571.

Information, Tickets and Travel offers the following trips. For more information or to

make a reservation, call 452-6567, e-mail [52svs.itt@sapangdahlem.af.mil](mailto:52svs.itt@sapangdahlem.af.mil) or visit the ITT office at Spangdahlem AB in building 124 at least two weeks before the event.

- ♦ Pass the day in Paris on an Express Trip, **Aug. 19**; cost is \$115 for adults and \$100 for children ages 3-12, which includes transportation, a tour of the city and admission to the Louvre and Eiffel Tower.

- ♦ Indulge at the Wittlich Pig Fest, **Aug. 19**; cost is \$28.

- ♦ Step back in time at the Cochem Medieval Dinner, **Aug. 26**; cost is \$77.

- ♦ Cruise the Rhein River **Aug. 26**; cost is \$52 for adults and \$46 for children ages 3-12.

- ♦ Have an adventure at the Belgian Grottoes and Safari Park **Aug. 26**; cost is \$59 for adults and \$49 for children ages 3-12.

Outdoor Recreation offers the following trips. For more information or to make a reservation call 452-7071.

- ♦ Learn to scuba **Aug. 9** and **23**; cost is \$35.

- ♦ Fish in the Baltic Deep Sea **Aug. 12-13**; cost is \$140.





Saber Leonard Myers, 52nd Civil Engineer Squadron, rounds third base on his way home in a game against a Ramstein Air Base team Saturday. The Rams beat the Sabers during a round robin play and went on to win the double elimination tournament.

Photos by Tech. Sgt. Pamela Anderson



Michael Kliss, 52nd Component Maintenance Squadron, pitches against the Ramstein Rams Saturday during the U.S. Air Forces in Europe Tune-Up Tournament here.

# Softball fans across USAFE arrive at Spang for Tune-Up Tournament

## Sports Briefs

### Team workout challenge

The team workout challenge kicks off Aug. 15 and runs until Nov. 15. People can workout in teams and win prizes. Workouts can be cardiovascular training, weightlifting or participation in aerobics, spinning or Kuk Sool Won classes. People can even workout by themselves or with as many team members that are available and still earn team points. To learn more about the team workout challenge, how to sign up and how the point structure works, call Juergen Stockemer at 452-6496.

### Bench press competition

Pump up for a bench press competition Aug. 18 at 3 p.m. in the Skelton Memorial Fitness Center. There are light-, middle- and heavy-weight classes for males and females. Competitors will have three attempts, and the amount of weight once posted cannot be reduced, only increased. Wrist wraps and belts only are allowed (no bench press shirts or elbow wraps). For details, call Jeurgen Stockemer at 452-6496.

### Guts and Glory 5K walk/run

Be a supporter of Women's Equality Day by participating in the Guts and Glory 5K walk/run Aug. 24 at 6 a.m., noon or 4 p.m. Participants will meet at the Skelton Memorial Fitness Center and receive a sports bottle and button upon completion. For details, call Tech. Sgt. Nicole McCloud at 452-3312 or Senior Airman Myre Huff at 452-8179.

### Fitness assessments

People interested in having a free fitness assessment performed on them should call the fitness center to schedule an appointment. The assessment is broken down into six phases: blood pressure, body composition, muscular strength, muscular endurance, flexibility and cardiovascular fitness check. The results of the test are used to determine a person's strengths and weaknesses. For details, call Juergen Stockemer at 452-6496.

### BHS Barons football starts

Bitburg High School Barons football practice kicks off Aug. 21. Students interested in participating in football this fall should e-mail Coach Mike Laue at [mike.laue@eu.dodea.edu](mailto:mike.laue@eu.dodea.edu). Potential participants need a current sports physical and medical power of attorney. The POA form can be picked up at the BHS gymnasium Mondays through Thursdays from 3-6 p.m.

### Eifel Mountain Golf Course events

Sign up now for the Eifel Mountain Golf Course championship Aug. 12-13. This 36-hole tournament will be played over two days. Handicaps are required; otherwise golfers play the scratch. Tee times begin at 8 a.m., and prizes are awarded for first and second place. The event serves as the qualifying event for the Ryder Cup team, which will compete against the German Ryder Cup team in October. For more information or to sign up, call the golf course at 452-6821.

## Congratulations track members

Congratulations Spangdahlem AB track members who participated at the 2006 USAFE Track and Field meet in Baumholder, Germany, July 29. The results are as follows:

- ♦ **Tasia Pittman** placed first in the 100-meter dash and second in the long jump;
- ♦ **Brandi Jones** placed first in the long jump;
- ♦ **Melanie Middlebrooks** placed second in the 100;
- ♦ **Dioneshia Sierra** placed first in the 400;
- ♦ **Judith Willems** placed third in the 100, fourth in the 400 and in the shot put;
- ♦ **Douglas Schmidt** placed second in the 100 and sixth in the 200;
- ♦ **Paul Miller** placed third in the 100-meter relay, second in the 400 relay and seventh in the 800;
- ♦ **Israel Lerma** placed third in the 100 relay

and 10th in the 800;

- ♦ **Joshua Ramos** placed first in the 1,500, second in the 5,000 and in the 400;
- ♦ **Tim Shearer** placed second in the 400 relay, fourth in the 1,500 and sixth in the long jump;
- ♦ **Lawrence Herstel** placed fifth in the 1,500 and fourth in the 5,000;
- ♦ **Derron McGoines** placed second in the 400 relay, third in the 100 relay and fifth in the 200;
- ♦ **Sedric Pollard** placed third in the 100 relay, seventh in the 100 and fourth in the 200;
- ♦ **Solandro Lee** placed first in the javelin and second in the shot put;
- ♦ **Earl Floyd** placed second in the discus, third in the shot put and javelin, second in the triple jump and eighth in the long jump; and
- ♦ **Bryon Grays** placed first in the shot put and the discus, and second in the javelin.

## August Fitness Center Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6 a.m.	Spinning	Spinning	Spinning	Spinning	
9 a.m.	5 for 2 aerobics	Sculpting (Bitburg Annex)	Legs, Abs and Butt aerobics (Bitburg Annex)	Sculpting aerobics (Bitburg Annex)	5 for 2 aerobics; Equipment orientation class
11:30 a.m.	Sculpting aerobics; Spinning	Spinning	Sculpting aerobics		Kick and Tone aerobics
3:30 p.m.	Circuit Training		Circuit Training		
5 p.m.	Kickboxing	Step 'n' Tone aerobics	Kickboxing	Step 'n' Tone aerobics	
5:30 p.m.			Spinning		
6 p.m.		Tai Chi (Bitburg Annex)		Tai Chi (Bitburg Annex)	
6:30 p.m.	Kuk Sool won		Kuk Sool Won		Kuk Sool Won